

Additional Resources:

Title: **Basic Essentials: Canoeing**

Format: Manual/Book

Date Developed: 1999

Description: Tips for choosing a canoe, carrying a canoe, basic strokes and terminology, and safety; includes photographs and illustrations and a glossary

Source: [Boy Scouts of America](#)

Title: **Basic Essentials: Canoe Paddling**

Format: Manual/Book

Date Developed: 2000

Description: A guide to paddling - information about choosing/sizing a paddle, loading/launching a canoe, and basic strokes; includes illustrations

Source: [Boy Scouts of America](#)

Title: **Camp Boating; Program and Curriculum Guidelines**

Format: Manual/Book

Date Developed: 1993

Description: Curriculum guidelines for canoeing/kayaking programs at camps; includes illustrations, reference materials, and a glossary

Source: [American Camping Association](#)

Title: **Canoeing**

Format: Manual/Book

Date Developed: 1989

Description: Information about canoeing history, safety, equipment, loading/launching, and basic paddling strokes; includes photographs and illustrations

Source: [Boy Scouts of America](#)

Title: **Canoeing, Outdoor Pursuit Series**

Format: Manual/Book

Date Developed: 1994

Description: Overview of paddle basics, loading/launching, basic strokes, and safety; includes color illustrations and photos, canoe materials comparison chart, basic strokes copy sheets, reference materials, and glossary

Source: [Human Kinetics Publishers](#)

Title: **Canoeing and Kayaking Instruction Manual**

Format: Manual/Book

Date Developed: 1987

Description: Outline for a flatwater canoe/kayak course; includes illustrations, parts of a canoe/kayak and paddle and basic strokes copy sheets

Source: [American Canoe Association](#)

- Title:* **Canoeing and Kayaking for Persons with Physical Disabilities**
Format: Manual/Book
Date Developed: 1990
Description: Guidelines, suggestions, and adaptations for teaching people with physical disabilities how to go canoeing or kayaking; includes illustrations, reference materials, sources for adaptations, a glossary
Source: [American Canoe Association](#)
- Title:* **Fieldbook**
Format: Manual/Book
Date Developed: 1984
Description: Information about types of canoes, loading/launching, basic strokes, and safety; includes photographs and illustrations
Source: [Boy Scouts of America](#)
- Title:* **Introduction to Paddling; Canoeing Basics for Lakes and Rivers**
Format: Manual/Book
Date Developed: 1996
Description: Basic information about parts of a canoe and paddle, transporting/loading/launching, basic strokes, and safety; includes illustrations, a glossary
Source: [American Canoe Association](#)
- Title:* **Iowa Canoe and Fishing Stream Access Guide**
Format: Manual/Book
Date Developed: 2002
Description: A guide to river trips in Iowa; includes maps and access points
Source: [Iowa Department of Natural Resources](#)
- Title:* **Iowa Lake Fishing Guide**
Format: Manual/Book
Date Developed: 2004
Description: Information about Iowa lakes and the fish that are found in them
Source: [Iowa Department of Natural Resources](#)
- Title:* **Kayak and Canoe Games**
Format: Manual/Book
Date Developed: 1996
Description: Activities that reinforce canoe basics and strokes; includes illustrations
Source: [American Canoe Association](#)

Web Sites

boat-ed.com/ia/ - Boat Iowa: online Iowa Boating Safety course

paddling.about.com – paddling terminology, launching and loading tips, tips for paddling with kids

waterdata.usgs.gov/ia/nwis/current/?type=flow – current streamflow of Iowa rivers

www.acanet.org/ - American Canoe Association – basic information about equipment and clothing, safety tips, buying a canoe/kayak, where to paddle

www.acanet.org/pdf/beginnersguide-spread.pdf - American Canoe Association's Beginner's Guide; information about choosing a craft, equipment, and basic paddling skills

www.americanwhitewater.org - American Whitewater Association; safety information including river hazards, universal river symbols, rules of the road, and guidelines for river rescues

www.canoe kayak.com/ - Canoe & Kayak Magazine; basic information about buying a canoe/kayak or paddle and where to paddle

www.canoesportoutfitters.com - Canoe Sports Outfitters; information on where to paddle, water levels, and rentals

www.desmoinesriver.org - float trips with maps, access points, driving directions, and GPS coordinates

www.dnr.state.mn.us/young_naturalists/canoeing/index.html - Minnesota Department of Natural Resources; *Let's Go Canoeing* guide for kids along with a teacher's guide

www.iowadnr.gov/education/iawtr.html - Iowa Department of Natural Resources; information about Iowa's aquatic resources

www.iowadnr.gov/education/outdoor.html - Iowa Department of Natural Resources; *Introduction to Outdoor Skills in Iowa: A Teaching Module*

www.iowadnr.gov/fish/fishing/2004LakeFishingGuide.pdf - Iowa Department of Natural Resources; *Iowa Lake Fishing Guide*

www.iowadnr.gov/fish/news/exotics/exotics.html - Iowa Department of Natural Resources; information about aquatic nuisance species

www.iowadnr.gov/law/files/boat2003.pdf - Iowa Department of Natural Resources; *Iowa Boating Regulations*

www.iowawhitewater.org - Iowa Whitewater Coalition; safety tips, free paddling clinics

www.kayakonline.com/index.html - Kayak Online; information on kayaks and paddles, and where to paddle

www.paddling.net/guidelines/ - basic information about canoes, kayaks, paddles, and safety

www.propaddle.com/ - Professional Paddlesports Association; information about types of kayaks and paddling basics

www.redcross.org/ - American Red Cross; water safety information including rescue techniques